

BODY FAT WORKSHEET - MALE

LAST NAME, FIRST NAME, MI:	RANK	SSN:	DATE:	SEX:
UNIT OF ASSIGNMENT:	HEIGHT TO 1/4 INCH:	WEIGHT, IN POUNDS:	DATE OF BIRTH:	AGE:

STEP	FIRST	SECOND	THIRD	AVERAGE (to nearest 0.25 in.)
1. Measure abdomen at the level of the navel (belly button) to the nearest 0.25 inch. Alternate with Step 2.				
2. Measure neck just below level of larynx (Adam's apple) to the nearest 0.25 inch. Alternate with Step 1.				
3. Subtract Step 2 from Step 1. Enter result tthe nearest 0.25 inch.				
4. Find result from Line 2 (the difference between Neck and Abdomen) in Table B-1 (Abdomen-Neck Factor). Enter factor.				
5. Find the height in Table B-2 (Height Factor). Enter factor.				
6. Subtract Step 5 from Step 4 (Enter result). This is Soldier's Percent Body Fat.				

MAXIMUM BODY FAT PERCENT STANDARD

AGE	M	F
17-20	20%	30%
21-27	22%	32%
28-39	24%	34%
40+	26%	36%

Individual ☐ IS ☐ IS NOT in compliance with AR 600-9.

Recommended monthly weight loss is _____ pounds.

PREPARED BY:

Printed Name and Unit

Signature

Supervisor's Signature

BODY FAT WORKSHEET - FEMALE

LAST NAME, FIRST NAME, MI:	RANK	SSN:	DATE:	SEX:
UNIT OF ASSIGNMENT:	HEIGHT TO 1/4 INCH:	WEIGHT, IN POUNDS:	DATE OF BIRTH:	AGE:

STEP

1. Find the soldier's weight in Table B-3 (Weight Factor). Enter weight factor 11A below.
2. Find the soldier's height in Table B-4 (Height Factor). Enter height factor in 11D below.
3. Measure hips at point where the gluteus muscles (buttocks) protrude backward the most. Round off to the nearest 0.25 inch.
4. Measure forearm at its largest point (with arm horizontal, palm up) to nearest 0.25 inch.
5. Measure neck just below level of larynx (Adam's apple) to nearest 0.25 inch.
6. Measure wrist between the bones of the hand and forearm to nearest 0.25 inch.
7. Find average hip measurement in Table B-5 (Hip Factor). Enter factor in 11B below.
8. Find average forearm measurement in Table B-6 (Forearm Factor). Enter factor in 11E below.
9. Find average neck measurement in Table B-7 (Neck Factor). Enter factor in 11F below.
10. Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.

FIRST	SECOND	THIRD	AVERAGE

11. CALCULATIONS

A. Weight factor		
B. Hip factor		
C. TOTAL (11A+11B)		
D. Height factor		
E. Forearm factor		
F. Neck Factor		
G. Wrist factor		
H. TOTAL (11D+E+F+G)		
I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)		

MAXIMUM BODY FAT PERCENT STANDARD

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